



Slips, Trips and Fall Prevention





What's the problem ?

- It is the #1 leading cause of injury
- STF's represent about a fourth of all claims
- Each fiscal years there are thousands of cases
- Total incurred costs of these claims are in the tens of thousands.





Slips, Trips and Fall Claims

- Same Level (50%)
- Different Level (14%)
- Stairs (14%)
- Liquid & Spills (9%)
- Slip / No Fall (5%)
- Ice / Snow (5%)
- Floor Openings (2%)
- Ladder / Scaffold (1%)



Slips

Slips

-loss of balance caused by too little friction between a person's foot and a walking surface.

Common Causes:

- Wet or oily surfaces,
- Occasional spills,
- Weather hazards,
- Loose, unanchored rugs or mats, and
- Flooring or other walking surfaces that are worn.





Trips

Trips

- hit an object, lose your balance and fall

Common Causes:

- Obstructed view
- Poor lighting
- Clutter in your way
- Wrinkled carpeting
- Uncovered cables
- Drawers not being closed
- Uneven (steps, thresholds) walking surfaces





Falls



Falls:

- when you lose your balance & drop to the floor

There are three types of falls:

- Falls on the same level
 - Slip or trip immediately precedes fall to floor or walkway
- Falls to lower level
 - Falls are from platforms, docks, ladders, steps or stairs
- Jumps to lower level
 - An intentional jump from one level to another
 - Employee jumps off ladder, dock, equipment



Prevention

- Good housekeeping
- Quality of walking surfaces (flooring)
- Selection of proper footwear
- Appropriate pace of work





Housekeeping

- Clean up spills immediately
- Mark spills and wet areas
- Mop or sweep debris from floor
- Remove obstacles from walkways
- Keep walkways free of clutter
- Secure mats, rugs and carpets



Housekeeping

- Close file cabinet or storage drawers
- Cover cables that cross walkways
- Keep working areas and walkways well lit
- Replace burned out bulbs





Flooring

Change or modify walking surfaces

- Recoat or replace floors
- Install mats
- Pressure-sensitive abrasive strips
- Abrasive-filled paint-on coating
- Metal or synthetic decking





Footwear

Conditions:

- Floors - oily or wet
- Considerable time outdoors

Advantages

- Properly fitted
- Increased comfort
- Prevent fatigue
- Improve safety





What can YOU do to avoid slipping at work?

- Take your time
- Pay attention
- Adjust stride to the task
- Walk with feet pointed slightly outward
- Make wide turns at corners.





What can YOU do to avoid tripping at work?

- Ensure sufficient lighting
- Consider portable lighting
- Watch where you are walking
- Watch for obstructions, spills or objects on the floor





Inclement Weather

- Slow down to react to a change in traction
- Wear slip-resistant shoes or overshoes
- Sunglasses outdoors in ice and snow
- Treat walking surfaces
- Wet shoes on dry floors

ALWAYS USE CAUTION!!!!





Report Hazards Immediately

If you cannot fix the hazard yourself then:

- Immediately report the hazard
- Alert or warn others in the area
 - ▣ Mark the area or stay there until help arrives
- Hazards not fixed in a timely manner
 - ▣ Contact the Safety POC or the Command Safety Office





Have you seen any of these hazards in or around you work area?





"Secure the High Ground"

"The Sun Never Sets on USMC, AirmarT"



"Secure the High Ground"

"The sun never sets on USASMDC/ARSTRAT"



"Secure the High Ground"

"The sun never sets on USASMDC/ARSTRAT"



"Secure the High Ground"

"The sun never sets on USASMDC/ARSTRAT"



"Secure the High Ground

The Sun Never Sets on USASMDC/ARSTRAT"



"Secure the High Ground"

"The sun never sets on USASMDC/ARSTRAT"



"Secure the High Ground"

"The sun never sets on USASMDC/ARSTRAT"



"Secure the High Ground"

"The sun never sets on USASMDC/ARSTRAT"



"Secure the High Ground"

"The sun never sets on USASMDC/ARSTRAT"



"Secure the High Ground"

"The sun never sets on USASMC/ARSTRAT"



"Secure the High Ground"

"The sun never sets on USASMDC/ARSTRAT"



USASMD/ARSTRAT Command Safety Office

**Mr. Randy Joyner - (256) 955-3147
DSN 645**

**Mr. Cedric Pelt - (719) 554-2142
DSN 692**